

**Migraine Triggers**  
**Potential Food Triggers Workbook**



## Potential Migraine Trigger Foods

spaces have been left for you to add more specific breakdowns and additional items

### Fruits

Yes	No	
<input type="checkbox"/>	<input type="checkbox"/>	apricots
<input type="checkbox"/>	<input type="checkbox"/>	avocados
<input type="checkbox"/>	<input type="checkbox"/>	bananas
<input type="checkbox"/>	<input type="checkbox"/>	coconut
<input type="checkbox"/>	<input type="checkbox"/>	papayas
<input type="checkbox"/>	<input type="checkbox"/>	passion fruit
<input type="checkbox"/>	<input type="checkbox"/>	pineapple
<input type="checkbox"/>	<input type="checkbox"/>	red plums

### Citrus fruits

Yes	No	
<input type="checkbox"/>	<input type="checkbox"/>	grapefruit
<input type="checkbox"/>	<input type="checkbox"/>	lemons
<input type="checkbox"/>	<input type="checkbox"/>	limes
<input type="checkbox"/>	<input type="checkbox"/>	oranges
<input type="checkbox"/>	<input type="checkbox"/>	tangerines
<input type="checkbox"/>	<input type="checkbox"/>	tomatoes
<input type="checkbox"/>	<input type="checkbox"/>	_____
<input type="checkbox"/>	<input type="checkbox"/>	_____

Dried fruits

Yes	No	
<input type="checkbox"/>	<input type="checkbox"/>	apricots
<input type="checkbox"/>	<input type="checkbox"/>	dates
<input type="checkbox"/>	<input type="checkbox"/>	figs
<input type="checkbox"/>	<input type="checkbox"/>	raisins
<input type="checkbox"/>	<input type="checkbox"/>	_____
<input type="checkbox"/>	<input type="checkbox"/>	_____

Vegetables

Yes	No	
<input type="checkbox"/>	<input type="checkbox"/>	capers
<input type="checkbox"/>	<input type="checkbox"/>	chili peppers
<input type="checkbox"/>	<input type="checkbox"/>	mushrooms
<input type="checkbox"/>	<input type="checkbox"/>	onions
<input type="checkbox"/>	<input type="checkbox"/>	pickles

beans

Yes	No	
<input type="checkbox"/>	<input type="checkbox"/>	fava beans
<input type="checkbox"/>	<input type="checkbox"/>	garbanzo
<input type="checkbox"/>	<input type="checkbox"/>	lentils
<input type="checkbox"/>	<input type="checkbox"/>	lima
<input type="checkbox"/>	<input type="checkbox"/>	navy
<input type="checkbox"/>	<input type="checkbox"/>	pinto
<input type="checkbox"/>	<input type="checkbox"/>	pole
<input type="checkbox"/>	<input type="checkbox"/>	snow peas
<input type="checkbox"/>	<input type="checkbox"/>	string

## Meats and seafood

Yes	No	
<input type="checkbox"/>	<input type="checkbox"/>	aged meats
<input type="checkbox"/>	<input type="checkbox"/>	canned meats
<input type="checkbox"/>	<input type="checkbox"/>	cured meats
<input type="checkbox"/>	<input type="checkbox"/>	processed meats
<input type="checkbox"/>	<input type="checkbox"/>	bacon
<input type="checkbox"/>	<input type="checkbox"/>	bologna
<input type="checkbox"/>	<input type="checkbox"/>	caviar
<input type="checkbox"/>	<input type="checkbox"/>	ham
<input type="checkbox"/>	<input type="checkbox"/>	hot dogs
<input type="checkbox"/>	<input type="checkbox"/>	liver and other organ meats
<input type="checkbox"/>	<input type="checkbox"/>	pepperoni
<input type="checkbox"/>	<input type="checkbox"/>	pork
<input type="checkbox"/>	<input type="checkbox"/>	salami
<input type="checkbox"/>	<input type="checkbox"/>	salmon
<input type="checkbox"/>	<input type="checkbox"/>	sausage
<input type="checkbox"/>	<input type="checkbox"/>	tuna
<input type="checkbox"/>	<input type="checkbox"/>	venison

**Dairy products**

- | Yes                      | No                       |   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | buttermilk  |
| <input type="checkbox"/> | <input type="checkbox"/> | chocolate milk  |
| <input type="checkbox"/> | <input type="checkbox"/> | most cheeses, especially aged cheeses.<br>½ cup per day of American, Velveeta, ricotta, cream cheese, pot<br>cheese, and farmer cheese are allowed. |
| <input type="checkbox"/> | <input type="checkbox"/> | _____ cheese  |
| <input type="checkbox"/> | <input type="checkbox"/> | _____ cheese  |
| <input type="checkbox"/> | <input type="checkbox"/> | _____ cheese  |
| <input type="checkbox"/> | <input type="checkbox"/> | _____ cheese  |
| <input type="checkbox"/> | <input type="checkbox"/> | cream   |
| <input type="checkbox"/> | <input type="checkbox"/> | ice cream   |
| <input type="checkbox"/> | <input type="checkbox"/> | sour cream  |
| <input type="checkbox"/> | <input type="checkbox"/> | whole milk  |
| <input type="checkbox"/> | <input type="checkbox"/> | yogurt  |

**Breads**

fresh yeast breads straight from the oven

- | Yes                      | No                       |                       |
|--------------------------|--------------------------|-----------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | bread made with yeast |
| <input type="checkbox"/> | <input type="checkbox"/> | doughnuts             |
| <input type="checkbox"/> | <input type="checkbox"/> | pizza dough           |
| <input type="checkbox"/> | <input type="checkbox"/> | soft pretzels         |

## Beverages

Alcoholic beverages: Any alcoholic beverage can be a trigger. The two most common are red wine and beer.

Yes	No	
<input type="checkbox"/>	<input type="checkbox"/>	red wine
<input type="checkbox"/>	<input type="checkbox"/>	beer
<input type="checkbox"/>	<input type="checkbox"/>	_____
<input type="checkbox"/>	<input type="checkbox"/>	_____
<input type="checkbox"/>	<input type="checkbox"/>	_____

Yes	No	
<input type="checkbox"/>	<input type="checkbox"/>	chocolate drinks such as hot chocolate
<input type="checkbox"/>	<input type="checkbox"/>	coffee (caffeine)
<input type="checkbox"/>	<input type="checkbox"/>	colas and other soft drinks with caffeine
<input type="checkbox"/>	<input type="checkbox"/>	diet drinks with artificial sweeteners (try sodas with different sweeteners)
<input type="checkbox"/>	<input type="checkbox"/>	egg nog (milk)
<input type="checkbox"/>	<input type="checkbox"/>	tea (caffeine)

## Condiments

Yes	No	
<input type="checkbox"/>	<input type="checkbox"/>	ketchup
<input type="checkbox"/>	<input type="checkbox"/>	mayonnaise
<input type="checkbox"/>	<input type="checkbox"/>	mustards
<input type="checkbox"/>	<input type="checkbox"/>	soy sauce

## Miscellaneous

Yes	No	
<input type="checkbox"/>	<input type="checkbox"/>	aspartame (Equal)
<input type="checkbox"/>	<input type="checkbox"/>	canned soups (contain MSG)
<input type="checkbox"/>	<input type="checkbox"/>	chocolate (not as common a trigger as once thought, but still a trigger for some.)
<input type="checkbox"/>	<input type="checkbox"/>	concentrated sugars
<input type="checkbox"/>	<input type="checkbox"/>	licorice
<input type="checkbox"/>	<input type="checkbox"/>	monosodium glutamate (MSG)
<input type="checkbox"/>	<input type="checkbox"/>	nuts
<input type="checkbox"/>	<input type="checkbox"/>	olive oil
<input type="checkbox"/>	<input type="checkbox"/>	olives
<input type="checkbox"/>	<input type="checkbox"/>	seeds
<input type="checkbox"/>	<input type="checkbox"/>	peanuts and peanut butter
<input type="checkbox"/>	<input type="checkbox"/>	saccharine
<input type="checkbox"/>	<input type="checkbox"/>	sucralose (Splenda)
<input type="checkbox"/>	<input type="checkbox"/>	sulfites
<input type="checkbox"/>	<input type="checkbox"/>	vinegar except cider and white vinegars

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